

# Mesa Sports

Spring Issue 2004



# for Disabled



# Sportsline

**Let No One Sit on the Sidelines!**

## MASD To Manage Broadway Rec Ctr!

The Mesa Association of Sports for the Disabled is pleased to announce a new partnership with the City of Mesa Parks and Recreation Department which will result in greater access to recreational facilities for Mesa's physically and mentally disabled youth and adults. Under a lease agreement with the city of Mesa, MASD will now oversee operation and programming of the city-owned Broadway Recreational Center on the corner of Broadway Road and Lewis Street. The facility will serve as the home for sports and recreation programs for MASD participants, as well as administrative operations and other public gatherings and events. The facility is more than 32,000 total square feet that includes two basketball courts, volleyball courts, activity room, lockerrooms, etc. In addition, the BRC will continue to be home to the Gene Lewis Boxing Center. The Broadway Recreation Center is a distinctive landmark on Broadway Road, with its distinctive curving roof and support arches. The building was originally JackRabbit Gymnasium, the home court for Mesa High School when it was located on Center Street.

"We're very excited and proud to enter into this partnership with the Mesa Association of Sports for the Disabled," stated Joe Holmwood, Mesa Parks and Recreation Director. "This will enable MASD to serve the recreation needs of Mesa's special needs population better than ever before."

## MASD Hires First Executive Director!

The Mesa Association of Sports for the Disabled reached another major milestone in September with the hiring of its first full time employee. After an extensive nationwide search, Lane Jeppesen, a recent graduate of the University of Iowa, was named the Association's Executive Director. Lane, the youngest of four children of Mardell and Clark Jeppesen, came to us from the internship program at Barrow Neurological Institute in Phoenix. She hails from Oakland, Iowa, a small town not far from Omaha, Nebraska. Lane enjoys all kinds of sports and was a standout softball player in high school. Lane remains a loyal University of Iowa fan even though her new job takes her thousands of miles away from her beloved Hawkeyes. Lane has already been instrumental in overseeing the transition of the Broadway Rec Center from city management to MASD, assisting with the fall fundraiser, helping coordinate the recent Desert Challenge Power Soccer Tournament and planning the Disabled Sports Expo. Lane's duties in the future will include increasing the visibility of MASD in the community, exploring new funding sources, managing the Broadway Recreation Center, producing the newsletter and webpage and many other duties. Feel free to email Lane at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com) to welcome her to our Association or call her at 835-MASD.





Know somebody who should be getting the  
Sportsline? Email Lane at  
lane@mesadisabledsports.com!

Page 2

## Mesa Parks & Rec

The city of Mesa Parks, Recreation and Cultural Division Therapeutic Recreation Program offers many social and recreational opportunities for individuals with developmental disabilities. Mesa Parks & Rec offers the TGIF social outing program that is designed to expose participants to social situations and educate them on appropriate conduct. These outings can include movies, nights out at a restaurant, trips to the state fair, etc. In addition, Mesa Parks & Rec provides school leisure education, Camp Fiesta summer day camp, seasonal dances for the developmentally delayed, an annual fashion show and many more programs. For more information on Mesa Parks & Rec programs for individuals with developmental disabilities, call Deanna Zuppan at 480-644-3652.

## MASD To Host Jr. Nationals!

The Mesa Association of Sports for the Disabled is proud and excited to announce that MASD will be the host organization for the 2004 National Junior Disabled Sports Championships this summer. The event will run from July 11th to July 17th and will include competition in Track, Field, Swimming, Archery, Table Tennis, Weightlifting, Boccia and Goal Ball. This event will mark the first time that a cross-disability competition has been held for junior athletes only. The event will be sanctioned by Wheelchair Sports, USA; The National Disability Sports Alliance; Disabled Sports, USA; and the United States Association of Blind Athletes. The Local Organizing Committee anticipates approximately 250 athletes participating from over forty states and several foreign countries.

An event of this size requires much planning and coordination to ensure a successful games and meaningful experience for the participants. The Local Organizing Committee will be holding meetings throughout the spring to plan the event and would encourage anyone who might be interested in assisting the preparation of the games to email Gregg Baumgarten at gbaumga@mpsaz.org. In addition, an event of this magnitude requires a substantial amount of local funding and business support to succeed. A sponsorship packet has been developed for businesses and individuals that might be interested in donating funds or goods towards the Jr. Nationals. Anyone interested in more information on becoming a sponsor of the 2004 National Junior Disabled Sports Championships can also email Gregg Baumgarten or call him at 480-472-0638.

## MASD Website Up and Running

The Mesa Sports for Disabled website is now up and running at [www.mesadisabledsports.com](http://www.mesadisabledsports.com). This site currently has descriptions of all MASD programs, links to other Disabled Sports Organizations, and email links to contact MASD. The MASD website will also have updated program calendars, sign up for email updates, Jr. National updates, etc. Surf by the Association web site and check out our programs and upcoming events.



## Annual MASD Fall Fundraiser a Huge Success!

By Lane Jeppesen

MASD hosted its 10<sup>th</sup> annual fall fundraiser, "Give Wings to a Dream." The event was held at the Good Life Resort in Mesa. Mother Nature stepped up to the plate and provided a beautiful sunny day for set-up and a cool evening for the event. We had close to 400 guests and the evening was a huge success. Deb Krecek put on a terrific auction. There were over 160 silent auction items with everything from sports memorabilia to dining certificates. A special thanks to Susan Czekanski for arranging all of our basket items. They were spectacular and a huge hit with our auction shoppers. Our MASD athletes made ceramic angel ornaments which were put on the silent table, as well as a patriotic quilt. The athletes made the squares and Deanna Zuppan put the quilt together. Sara Hughes produced her 3<sup>rd</sup> cookbook for the auction table.

The live auction included items such as Phoenix Suns Game Suite for 20, two nights at The Enchantment Resort in Sedona, an amethyst and rhodite ring, and estate planning services. Jim Sharpe, of KTAR News Radio 620, donated his time to serve as our emcee and auctioneer. Jim did a tremendous job and helped the live auction bring in much needed funding. A big thanks goes out to Jim. The evening began with a no host cocktail hour and a chance to bid on silent auction items. The dinner was catered by Stuart's Fine Catering and the food was delicious. Brownie Connection donated the dessert. After dinner our guests were treated to a video showcasing our athletes and the fine programs offered by MASD. Thanks to Cindy Wharton, Mesa Public Schools, for producing the video again this year. The live auction followed and then the dancing began. As always, athletes in attendance danced the night away.

A huge thanks to John Krecek and John Hughes and their committee for making the night a fun and successful event. If you were not able to attend this year, please plan on joining us next October. As always, we accept auction items throughout the year. This is a great opportunity for you to support our organization.



*Editor's Note: The MASD Board of Directors would also like to thank Deb Krecek and Linda Hughes for all of their hard work on the fall fundraiser. Behind all great men are greater women behind the scenes making sure everything is working correctly. Thanks to these two ladies and all the Fall Fundraiser committee for their dedication to our program!*

## A Warm Quilt with a Warm Return!

By Deanna Zuppan

In August, 2003, a request was mailed to the City of Mesa Adaptive Recreation for each TGIF participant to stitch a small but very important quilt square that would be sewn together with other squares that were returned to make a beautiful queen size quilt! The quilt was then donated to the MASD Fall Fundraiser to be auctioned off with all proceeds going directly to MASD to help support various sports programs. The response was amazing! Over 200 squares were individually hand stitched and sent back. Some of the participants attended and helped on stage to hold the large quilt as the live auction began. The Mesa Tribune was there to take note and photos. Bidding began at \$100 and after the intense minutes started to tick away, the quilt ended up sold to the highest bidder for \$1000! Radio Personality and Master of Ceremonies Jim Sharpe from KTAR 620 was the proud and soon to be very warm owner of the quilt. Thank you TGIF participants, many of whom are Special Olympic Athletes, for your small part in what became BIG support for MASD!



Questions about practice or schedules? Call  
the MASD Hotline at 835-MASD.

Page 4

## What is Sports for the Physically Disabled and How do I get Involved?

The Disabled Sports Program is designed for athletes ages 6 and older who have an orthopedic, neurological or sensory impairment. This could include (but not be limited to) Spina Bifida, Spinal Cord Injury, Traumatic Brain Injury, Osteogenesis Imperfecta, Amputee, Rheumatoid Arthritis, Cerebral Palsy,

### For More Information

**Wheelchair Sports, USA**  
(719) 574-1150  
[www.wsusa.com](http://www.wsusa.com)

**Disabled Sports, USA**  
(301) 217-0968  
[www.dsusa.com](http://www.dsusa.com)

**National Disabled Sports  
Alliance (Formerly US  
Cerebral Palsy  
Athletic Association)**  
(401) 848-2460  
[www.uscpaa.org](http://www.uscpaa.org)

**US Association of  
Blind Athletes**  
(719) 630-0422  
[www.usaba.org](http://www.usaba.org)

**US Les Autres  
Sports Association**  
(713) 521-3737

Blindness or Dwarfism. As a general rule, Physically Disabled athletes still in school are those attending the regular education classrooms or are placed in the Orthopedically Impaired classrooms (OI). Each athlete is assessed by a certified classifier to determine their functional ability levels and she/he then competes against athletes of similar abilities, age and gender.

The Mesa Association of Sports for the Disabled is affiliated with several national organizations whose primary purpose is to provide sporting and/or recreational opportunities to individuals with physical disabilities. These include Wheelchair Sports, USA (Spina Bifida & Spinal Cord Injured), Disabled Sports, USA (Amputee), National Disabled Sports Alliance (Formerly the United States Cerebral Palsy Athletic Association: CP, Stroke, Traumatic Brain Injury), United States Les Autres Sports Association (Arthritis, Neuro-Muscular Diseases), United States Association of Blind Athletes and Dwarf Athletic Association of America. Sports training and competition are offered in season and occur year round.

Sports currently offered by MASD



include Swimming, Bowling, Wheelchair Basketball, Power Soccer, Weightlifting, Archery, Table Tennis, Cycling, Track & Field and Boccia. To get an athlete involved in these programs, call the hotline at 835-MASD.

## Let it Snow, Let it Snow, Let it Snow!

By Deanna Zuppan

Calling all Rulers of the Slopes ...Snow Kings and Queens...Shred Heads in hibernation! Can't wait to pull out your totally smashing ski attire from the ol' gear keeper? Wanna rock down a slippery white ocean of powder? Are you a Shred Head that's tired of making Snow Angels in the dust of Arizona? Then this is the trip for you dude (and dudette)! We are putting together a ski trip to go tear up the Bully White. If you are physically disabled and can't wait to shred up the slopes with a bunch of friends, give us a holler at the number below to find out more info. Mono-Skis, Bi-skis and other adapted equipment will be available. Till then, my righteous Ski Dust Dude (or Dudette)! (480) 644-3652.



## **What is Special Olympics? Who is eligible and where do I sign up?**

Special Olympics is a sports training and competition program founded by the Joseph P. Kennedy Foundation for athletes ages 8 and over who are mentally disabled. There is no maximum age limit on participation. Our local Special Olympics program is part of Arizona Special Olympics, the state chapter charged with providing year-round sports training and competition to our athletes. The sports occur during their respective seasons, much the same as high school athletics has sports seasons.

Sports offered locally by MASD include Swimming & Diving, Golf, Soccer, Bowling, Cycling, Weightlifting, Basketball, Cheerleading, Tennis, Softball, Track & Field and, most recently, Bocce. Special Olympics is designed specifically for students and adults whose primary disability is mental retardation. Many of our Special Olympic athletes also have physical disabilities and Special Olympics recognizes this fact, providing sports and events designed specifically for athletes who are both mentally and physically disabled. As a general rule, if your child is placed in a Moderately Mentally Disabled classroom (MOMD), Mildly Mentally Disabled classroom (MIMD), Severely Mentally Disabled classroom (SMD) or Multiply Disabled classroom (MD), the place for them to compete is Special Olympics.

The only requirements for participation are a current Arizona Special Olympics medical release conducted within the last three years. There is no cost for Special Olympics events, with the exception of game fees for Bowling. For more information on Special Olympic programs, or to obtain a Special Olympics medical release form, call the hotline at 472-0530. To register for Special Olympics Fall sport, use the registration form included in this Sportsline issue and send it to the Mesa Parks and Recreation Office.

## **Volunteers are Needed**

Volunteers are always needed for all of the Special Olympic and Sports for Physically Disabled spring programs. Volunteers are needed to assist coaches, serve as chaperones, provide assistance with equipment, help with paperwork, etc. If interested in volunteering for our weekend or weeknight programs, please call Lane Jeppesen at 835-6273 or email her at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com)

## **New MASD Program Registration is Big Success!**

By Brett Petersen

The Mesa Association of Sports for the Disabled and Mesa Parks and Recreation have teamed up in an attempt to make the registration process easier for athletes and parents for all MASD programs. All Special Olympic and Physically Disabled Sports have been using the City of Mesa's RecTrack program to register for sports, outings, educational programs, etc. This program has kept track of all demographic information such as addresses or phone numbers and stores it for future use. Individuals can register online at the City of Mesa website ([www.cityofmesa.org](http://www.cityofmesa.org)). If that is not available, a registration form is included in this newsletter that can be faxed to 480-610-2257 or mailed to Mesa Parks & Rec; 125 N. Hobson; Mesa 85203. In addition, RecTrack will be used to update the MASD mailing list, breakdown athletes by disability or age group and enable the Association to better track all of our athletes.



## More Program Information

Page 6

### Board Thanks Former Directors & Welcomes New Ones!

By Lane Jeppesen

The Board of Directors was faced with empty seats at the meetings after three board members resigned and one current board member chose not to run for reelection. The current board members send out their thoughts and prayers to Deanne Fay and her three young children, as her husband, Bill has been called to active duty to fight for our country in Iraq. MASD would also like to congratulate Ray Libonati and his wife, Michelle on their new addition to their family, a little girl born in October. In addition, we wish them the best in their new home in Phoenix. Rachel Shea has resigned from the board to dedicate more of her time to her twin daughters, Katie and Kylie. Finally, after serving more than ten years on the MASD board of directors, Mike Comin decided not to run for re-election. The dedication and loyalty of these board members has been greatly appreciated and we know that each will continue to be involved with the Mesa Association of Sports for the Disabled. Thank you all for your devotion to MASD programs. Also a big Association welcome to Jim Winterton, Dave Neumeyer and Dick Thomas to our board of directors. More information on these new board members will be included in the next Sportsline issue.

### MASD Earns Award From Governor!

The Mesa Association of Sports for the Disabled was named the Outstanding Disabled Sports Organization in the state of Arizona for 2003 by the Governor's Council on Health, Physical Fitness and Sports. The Association was cited by Governor Janet Napolitano for our ongoing sports and recreation programs for the disabled. In particular, the Association was recognized for its pacesetting sports programs for the Physically Disabled, including the annual Desert Challenge Games, the largest comprehensive games for the physically disabled in the Southwest; SkiAble, the cooperative effort with SunRise Ski Resort to provide adapted skiing; Skiin' Blind, a ski program for the visually impaired; Power Soccer, an adapted soccer game designed for athletes in power wheelchairs; and MASD Goalball, a competitive team for the visually impaired. President Sue Lilly and Gregg Baumgarten received a plaque before the Phoenix Suns-Denver Nuggets game in recognition of the award. In addition, Michelle Libonati was able to secure the Arizona Diamondbacks suite for the game, enabling twenty four athletes, board members and parents to attend the game and cheer for MASD and the Suns! Stop by the Broadway Recreation Center to see the beautiful plaque from the Governor's Council.

### Help MASD Update Email Lists

The Association needs your help to update our email distribution list. This is an important activity as it will save us significant money by allowing us to send newsletters via email, distribute immediate updates, etc. at no cost to MASD. We are looking for a parent, teacher or community member who might be interested in assisting in compiling and maintaining an email distribution list for all MASD information and also email lists specific to Special Olympics, Sports for Physically Disabled, SkiAble, Goalball, etc. If you are interested in having your email address placed on an email distribution list, please email Lane Jeppesen at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com) and include the type of information you are interested in. If you would like to assist Lane with compiling these lists, email her or call her at 480-835-MASD.





## Higher Health and Weight Watchers...What a Team!

By Sharon Kay

Two years ago I was offered a unique experience. Weight Watchers of Arizona had agreed to partner with Mesa Parks and Recreation, Higher Health Program, to provide the Weight Watchers program to Special Olympics athletes and the group needed a leader. I committed to the ten-week session. Two years later we are still going strong with a record of success that matches, and maybe even exceeds, traditional Weight Watchers groups.

The current group of twelve participants has lost a total of almost 200 pounds! Two are now Lifetime Weight Watchers members, having achieved and learned how to maintain their goal weights. Considering that, within the general population of people who do *not* have special obstacles and challenges, two out of every three adults is overweight or obese, so the success of the group is absolutely remarkable.

The Weight Watchers program assigns foods a POINTS value- based on the fiber, calories and fats found in foods. Some members can handle calculating POINTS values (sometimes better than member in tradition classes!), but for those for whom it is challenging, we work on identifying foods higher in fiber and lower in calories and fats. In our weekly meetings, we talk about practicing portion control, eating fruits and vegetables, drinking more water, dinning out in restaurants, and choosing good snacks. We strategize about holiday eating. We discuss incorporating activity into our lives. We even tackle coping with emotions without turning to comfort foods. We cover the same topics I present in traditional groups.

While each participant has a parent or guardian committed to helping him or her implement the Weight Watchers program at home, it is the member's personal responsibility to make healthy lifestyle choices. We have hit a few bumps along the way, but we use them to discuss how to manage the situation better the next time. It is rewarding for me to hear participants share how they split an order at a restaurant, took their own popcorn to a movie, had a piece of fruit for a snack, chose water over regular soda, or made another healthy choice. We have open and sometimes very interesting discussions about the challenges and successes of the week. We laugh, we sympathize and we cheer.

The determination these athletes have demonstrated in learning how to take control of an area of their lives that many non-challenged adults cannot manage is awe-inspiring. I do not think it is an overstatement to say they have exceeded everyone's expectation. I have been fortunate to be a part of it!

Written by: Sharon Kay, Weight Watchers Representative

If you would like to join our Higher Health Weight Watchers Program and have a developmental disability, participate in any of the Special Olympic Sports, and can commit with an able-bodied home partner to a ten week session every Saturday morning bright and early ( 8:00 a.m. )...Please contact Deanna Zuppan @ 480-644-3652. We would love to have you join us!



Athletes, Parents, Coaches, Teachers, Volunteers interested in receiving the Sportsline Newsletter via Email in .pdf format should email Lane Jeppesen at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com).

Page 8

## Special Olympic Athletes from MASD Star in Documentary

By Gregg Baumgarten

For approximately three months in 2003, KL Entertainment of Guasti, California followed the lives of fifteen Special Olympics athletes from the Mesa Association of Sports for the Disabled in their pursuit of a gold medal in basketball, documenting every aspect of their lives. "Brave in the Attempt" is a feature length documentary (116 minutes) that is designed to allow the athletes to tell the audience about their lives, share a part of their world and, in the process, educate the public about the lives of the developmentally disabled. Throughout the movie the athletes, along with their coaches and families, give the audience a perspective into the challenges facing those with disabilities while showing their abilities. The athlete's share with the audience their rooms at home, their work environments and their lives at play. Through practices, social events, work and school, the audience is given a glimpse of their world and what it takes to make a team. The production was a collaborative effort of KL Entertainment, the Mesa Association of Sports for the Disabled, Taco Bell, AMF Sports and the musical trio of Peter, Paul and Mary.

The world premiere of "Brave in the Attempt" will take place on Friday evening, February 6th at the Madstone Cinemas, 5835 W. Ray Road in Chandler. For showtimes, call (480)-785-SHOW. In addition, on Saturday, February 7th from noon to 4 PM, a Disability Awareness Fair will be held in the parking lot outside the theatre featuring sports demonstrations, art exhibits, theatrical performances and other displays.

KL Entertainment has pledged to donate 30% of its net profits from "Brave in the Attempt" back to the local groups that participated, including the Mesa Association of Sports for the Disabled. This is an excellent opportunity for teachers, parents and the community to support MASD while viewing an inspiring story. For individuals outside the Mesa area who would like information on the showing of this documentary, contact Lawrence Porter or Kim Alexander at (909)-210-7112 or email them at [klfilm@mac.com](mailto:klfilm@mac.com). The Mesa Association of Sports for the Disabled is greatly indebted to KL Entertainment for this opportunity to educate the public and raise funds for the Association. See you at the movies!

## East Valley Area Special Olympics to Benefit

Special Olympics Arizona, Sun Devil Auto and KO Marketing have teamed up to provide a fundraising opportunity for the East Valley Area Special Olympics, of which MASD is a local member. Car care cards are available for \$39.99 each that are good for four (4) complete oil changes, including lube, oil and filter at any of the numerous Sun Devil Auto Centers throughout the valley. There is no expiration date for these cards and can be used on any car or small truck. East Valley Special Olympics will receive \$8.00 for every card sold by our members. Your family can purchase a card for each vehicle, give as gifts to your friends, or sell to neighbors and co-workers. This is an excellent chance for someone to purchase complete oil and lube service for less than \$10.00 each and support East Valley Special Olympics in the process. For more information, call Mark Grant at (480)-644-3651 or email him at [Mark.Grant@cityofmesa.org](mailto:Mark.Grant@cityofmesa.org).



Interested in volunteering with MASD? We are always looking for volunteer assistant coaches, clerical help, games committee personnel, etc. Interested people should email Lane Jeppesen at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com) or call her at 835-MASD.

Page 9



## MASD To Host Annual Shoot

By Officer Tim Baumgarten, Arizona Game and Fish Department

The Mesa Association of Sports for the Disabled is looking forward to hosting the 9th Annual Desert Challenge Pistol and Rifle Shoot for disabled marksmen and women on April 24th, 2004. The Desert Challenge Shoot in Mesa is part of the NRA Beeman Championship Series that is held in twelve cities throughout the United States during the spring. Participants compete in either 10 meter air pistol or air rifle competition at various competitions around the country in an attempt to score enough points to win part of the \$25,000 prize money offered by the National Rifle Association and the Beeman Corporation as part of this series. Last year, nine shooters from Texas, Georgia, Alabama, Virginia and Nevada competed for first place in the air rifle and air pistol divisions. For more information on how to get started in competitive air rifles or pistols, contact Gregg Baumgarten at 480-472-0638 or email him at [gjbaumga@mpsaz.org](mailto:gjbaumga@mpsaz.org).

## MASD Sponsors Kayaking, Outdoor Ed

After a very successful initial year of outdoor adventure for people with physical disabilities, we are again offering these opportunities in spring 2004. Individuals who are interested in gliding freely across the surface of the water, experiencing wildlife, mastering new skills, exercising, choosing your own limits and recreating with friends are invited. Is This You? Then you need to be with us! Start with a sampler class to get your feet wet and if you find that you can't wait for more, than advanced classes wait for you! A Certified American Canoe and Kayak Instructor and CTRS will teach this class. Come join us with a positive attitude and let the fun and barrier free mobility in the water begin! The benefits to kayaking are endless!!! Challenging, Therapeutic for both mind and body, Independence, Provides a personal experience, Seeing wildlife and the outdoors, Increases self-esteem, Adaptations are minimal, Combines further opportunities for camping, fishing, birding etc., Increases upper body strength, Provides cross training for other sports! For more info, call Deanna Zuppan at 480-644-3652 or email her at [Deanna.Zuppan@cityofmesa.org](mailto:Deanna.Zuppan@cityofmesa.org).

## Track & Field, Archery, Cycling for Physically Disabled to start in February



The Track & Field season and the Archery program are scheduled to begin on Saturday, February 21st at the Mesa High School track. Track & Field includes events for athletes in wheelchairs, those using crutches or walkers, blind athletes, etc. Coaches will be grouping athletes into practice schedules based on their classification and age. Athletes participating in these events will need to preregister and have a current Disabled Sports Medical Release. For more information call Barb Peacock at 480-472-5798 or email her at [bspeacoc@mpsaz.org](mailto:bspeacoc@mpsaz.org).



# Sports for Physically Disabled

Page 10

## La Camarilla hosts Tennis

La Camarilla Racquet, Fitness and Swim Club offers wheelchair tennis lessons every Saturday from 12:00 noon to 2:00 PM. The cost for the program is just \$25 for a 10-week session (\$2.50 a week). This includes 2 hours of on court instruction and play. Tennis balls and racquets are provided if needed, and you have full use of the facility. These 10-week sessions continue year round. Sign up for wheelchair tennis at 5320 East Shea Blvd, Scottsdale, AZ or call 480-998-3388.

## Goal Ball.....Hear it Coming!

By Coach Tom Brew

MASD Goal Ball program is off to a great start this year! As many of you remember, Goal Ball is a sport for individuals who are visually impaired. This sport involves rolling a ball with a sound device within the ball from one end of a court to the other end in attempt at scoring goals on the opposing team. This sport is both challenging and involves a lot of skill and practice using **all** of the athletes other senses.

To start off the current season with a bang, the Goal Ball Team had two dual matches with the Arizona State School for the Deaf and Blind (ASDB). After defeating ASDB, the team traveled to Tucson to compete in a two state tournament hosted by the ASDB. Teams from New Mexico School for the Blind (NMSB), MASD, and Arizona Association of Visually Impaired Athletes in Tucson sent a total of eight teams to the tournament. The Mesa Goal Ball team did a fantastic job sweeping the competition and taking home the prestigious "First Place" award in the competition! To top it all off, Mesa Goal Ball team was awarded "The Sportsmanship Award" and athlete Micheal Birenbaum took home the "High Scorer" for the entire tournament. The team is looking forward to other upcoming competitions in Tucson with the ASDB.

To recap last Spring, the Mesa Goal Ball athletes traveled to Los Angeles, CA to spend the weekend at the Foundation for the Junior Blind and participated in competition and promotion events there. In addition, two of the athletes had the opportunity to travel to Salt Lake City, UT to compete in the US Association of Blind Athletes Western Regional Tournament. This trip was an excellent opportunity for the players to see what national competition was like. Although they did not place in this tournament, the Mesa Goal Ball athletes gained valuable experience as they competed against all adult teams.

Our Goal Ball program appreciates all the support Mesa Association of Sports for the Disabled has provided since we began in 1998. The opportunity to participate would not have been available to our visually impaired students were it not for MASD. Our practices are held every Thursday afternoon at 5:30 pm at the Eisenhower Elementary School Multipurpose Room located at the NW corner of Eighth Street and Mesa Drive. If someone you know would like to participate and needs further information, please contact Tom Brew at Mesa Public Schools: (480)-472-0671 or Deanna Zuppan at (480)644-3652.

**For Information on Wheelchair Basketball for Junior Athletes (Ages 10 to 18), call Lane Jeppesen at 480-835-MASD or email her at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com).**

# Sports for Physically Disabled

Page 11



## Power Soccer Games Success!

MASD hosted its annual power wheelchair soccer tournament and used their very own facility for part of the games. Teams 'A' and 'B' for MASD were two of seven teams that entered the tournament. Athletes traveled from North Carolina, Georgia, Alabama and California to participate. The tournament was organized in a round robin fashion. The teams battle it out twice a day for two consecutive days. Even after two long days of competing, the players did not give up hope for that first place trophy. A team from California lost four straight games the first day and came back to win the majority of their games the second day. Congratulations to the MASD Power Soccer Team A for taking first place in their bracket and to the Team B for placing 2<sup>nd</sup> in their bracket. After the victory of winning the tournament, MASD hosted an award ceremony for all of the teams. For Team A, Alabama Lakeshore took third place. MASD Arizona Heat took second place. And Shepard Strikers took first place. For Team B, California Hollister took third place. The North Carolina team took second place. And the MASD Arizona Heat took first place. The coaches, volunteers, and athletes vote on an MVP and Sportsmanship award recipient each year. This year the MVP award went to Tristan of the Hollister Team. The Sportsmanship Award went to Stacy of the North Carolina Team. Congratulations to all of the participants of the Power Soccer Tournament.

## What is Power Soccer???

Power Soccer is a great sport for all power wheelchair users. It is sort of like bumper cars on a full-sized basketball court with an over-sized soccer ball. We use a 20 – 22 inch soccer ball and guards to push the ball and to protect your feet. The purpose is to push the ball through a 25' wide goal. This sounds easy, but it is quite a task and involves a lot of team effort and working together to accomplish. Consequently, this also a good training exercise for learning to work together. Power Soccer is a very competitive sport, but fun for any power wheelchair user of any age! Come try it out! For more information, call Brett Petersen 480-644-5702 or Barb Peacock 480-472-5798.



## SunRise Ski School Now Ready for Lessons

The SunRise Ski School is now set to provide ski lessons to individuals with orthopedic, neurological or sensory impairments. In the last year, seven PSIA instructors from SunRise have received their Level 1 certification for adapted skiing and seven more instructors have received their certification for instruction to the blind. MASD has loaned their adapted equipment to the SunRise Ski School, including a Yetti mono-ski, two Mountain Man Bi-skis, three and four track outriggers, ski bras, etc. An individual with a disability can call the Ski School at 1-800-772-7669 or email them at [sunriseskischool@yahoo.com](mailto:sunriseskischool@yahoo.com) to reserve an instructor and equipment for the day. The ski school can quote you the cost for lift ticket, equipment and instruction. In addition, you can request trained volunteers to ski along with you and your instructor to assist in lift loads, transfers, etc. You now have the opportunity to ski with your family and friends at your convenience. MASD is also sponsoring limited ski outings to Sun Rise for individuals wishing to learn to ski using adapted equipment. For more information, see Deanna Zuppan's article on page 4 of the Sportsline and call or email her.





## Special Olympics

Page 12

# MASD is New Unified Basketball Champions!

By Brett Petersen

It's a Cinderella story for the ages, a classic tale of hard work that finally pays off. To fully appreciate the victory one must understand the story. This story began in early February when the unified basketball team was formed. Unified basketball takes Special Olympians and pairs them up with a "typical" partner. It's an amazing concept the results in an inclusive environment from which all that participate benefit from. This year's team was made up of some of our finest special Olympian athletes and five players from the very successful Mesa High basketball team. Right from the beginning the whole team had a goal of winning the East Valley Championship. They practiced three times a week and occasionally adding a fourth practice on a Saturday. They realized their goal by beating Scottsdale in the championship. The look on the face of all the players told of their excitement. Practice will begin in early January and the team is already set to defend their championship.

## MASD Special Olympic Programs are Great!



Bradley Barnes is enjoying a Special Olympics event as his brother shows his support.

## Spread the Word!

MASD has seen an increase in participation in every Special Olympic Sport. That is exciting because it means that more and more people are discovering the joy that comes along with Special Olympics. However, there are still many more individuals that are eligible for the program but don't have the information. We need your help please tell your friends about us. If they need information please have them call Brett Petersen at 480-644-5702. Thanks for your support!!!

## Special Olympic Bocce Players Shine

By Coach Brett Petersen

It was a nail-biting conclusion to a fantastic season. At the State Special Olympic Fall Championships held in Sun City, the two Mesa teams worked their way through the brackets to face each other in the championship finals. It was an intense end to an unbelievable tournament. Both teams played their very best and the final game had to go in to overtime. It was such a good game that embodied the true spirit of competition. One of the athletes summed it up best when he declared, "No matter which team wins, we all win." Congratulations go out to all of our bocce players for representing MASD in skill and sportsmanship. Also, thanks to all the coaches and volunteers who helped throughout the season!

# Special Olympics

Page 13



## Event held for SMD Students!

On Thursday, November 13th, approximately 50 students from the Severely Mentally Disabled (SMD) programs in Mesa Public Schools descended on Stapley Junior High School to participate in a day of fun, activity and camaraderie. Under the guidance and leadership of Stapley SMD teacher Jenn Alig with assistance from Demo Teacher Karla Rang, students with severe and profound disabilities were able to showcase their talents in events utilizing bean bags, tennis balls, walkers, standers and all sorts of adapted equipment and apparatus. Part of the day was spent in the gym with students showing off their skills and abilities and earning medals and ribbons for their efforts. The other part of the day was spent at lunch, allowing students, teachers, instructional assistants and parents a chance to interact and visit old friends. This activity was a wonderful opportunity for these students to showcase their talents in whatever way possible. Hats off to Jenn, Karla and all the volunteers for taking on this project and making it a great success. Good work!

## Special Olympics Golf shows excellent Growth!

The Special Olympics Golf season concluded on October 18th with the state tournament in Scottsdale. Coaches Ron Duranti and Ray Libonati report that all golfers did an exceptional job. Both Special Olympic golfers and unified partners competed hard and showed alot of improvement. Congratulations to all golfers on a great season and we look forward to seeing you next summer on the links!

## Bowling continues to be Popular

Special Olympics Bowling continues to be our most popular sport, with almost 100 participants on any given week. The sport is so popular that MASD now offers the program year-round. This season concluded with the State Special Olympics Bowling Tournament in Tucson and Phoenix. Both Special Olympic and Unified Bowlers competed in this competition. Watch the website for information on spring schedules.

## Spec Olympics Soccer ends Successful Season!

By Coach Rachel Shea

The Special Olympics Soccer season ended on December on December 6th right here in Mesa at Hohokam Stadium with the Arizona Special Olympics State Soccer Tournament. Teams from throughout the state came to Mesa to compete and the MASD teams represented us very well. Our three adult teams took home a bronze medal in the highest competitive division and a bronze medal and fourth place ribbon in the second highest division. Due to a lack of soccer teams in the junior division, all of the junior athletes from MASD competed in the individual skills competition and all of our athletes received either a gold or silver medal for their efforts! This was a culmination of a lot of hard work that began way back in September and continued through area competition and practices. Way to go Mesa athletes! Coaches Rachel, Joe, Rick, Jim and Robyn were very proud of you and your effort! We look forward to seeing all of you back for next season. Keep running and working out so you will be in good shape in the fall!



# Disabled Sports Spring Schedule 2004

(Clip this page and save for future reference!)

Page 14

These programs are designed for athletes whose primary disability is an orthopedic, neurological or sensory impairment.

## 983501-11 Track & Field

Begins: Saturday, February 21st

**All Ages and Classifications:** 8:30 AM

Mesa High School Track, 1630 East Southern Ave.

*(Southern Ave. between Stapley Drive and Gilbert Road)*

\*\*\*\*\*

## 983501-12 Archery

Begins: Saturday, February 21st

**All Ages and Classifications:** 8:30 AM

Mesa High School Track, 1630 East Southern Ave.

*(Southern Ave. between Stapley Drive and Gilbert Road)*

\*\*\*\*\*

## 983501-13 Cycling (Pedal and Handcycle)

Begins: Saturday, February 21st

**All Ages and Classifications:** 8:30 AM

Mesa High School Track, 1630 East Southern Ave.

*(Southern Ave. between Stapley Drive and Gilbert Road)*

\*\*\*\*\*

## 983503-11 Swimming

Begins: Saturday, February 21st

**All Ages and Classifications:** 12:30 to 2:00 PM

Kino Pool, 848 North Horne.

*(Between University Ave. and Brown Rd.; Mesa Drive and Stapley Drive)*

\*\*\*\*\*

## 983505-11 Power Soccer

Begins: Saturday, February 15th

1:00 to 3:00 PM

Mesa High School Track, 1630 East Southern Ave.

*(Southern Ave. between Stapley Drive and Gilbert Road)*

**For Information on Wheelchair Basketball, call Lane Jeppesen at 835-MASD or email her at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com).**

**For Information on Goalball, Outdoor Programs or Kayaking, call Deanna Zuppan at 644-3652 or email her at [Deanna.Zuppan@cityofmesa.org](mailto:Deanna.Zuppan@cityofmesa.org).**

# Special Olympics Spring Sports Schedule 2004



Page 15 (Clip this page and save for future reference!)

These programs are designed for athletes who are mentally disabled. Olympics also includes programs for athletes who are both mentally and disabled.

Special  
physically

## **983401-11 Senior Basketball (for Special Olympic athletes age 17 and over)**

Begins: Monday, January 12th

Practices are every Monday and Wednesday 6:00 to 8:00 PM

**New Location:** Webster Gym, 202 North Sycamore  
(Just east of Dobson Road, north of Main Street)

\*\*\*\*\*

## **983401-12 Junior Basketball (for Special Olympic athletes ages 8 to 16)**

Begins: Tuesday, January 13th

Practices are every Tuesday 6:00 to 8:00 PM

**New Location:** Webster Gym, 202 North Sycamore  
(Just east of Dobson Road, north of Main Street)

\*\*\*\*\*

## **983402-11 Cheerleading**

Begins: Tuesday, January 13th

Practices are every Tuesday 6:30 to 7:30 PM

**New Location:** Broadway Recreation Center, 59 East Broadway Rd.  
(Corner of Lewis Street and Broadway Road)

\*\*\*\*\*

## **983403-11 Track & Field**

Begins: Tuesday, February 17th

**Juniors Practice (Ages 8 to 16):** Every Tuesday from 6 to 8:00 PM

**Seniors Practice (Ages 17 and over):** Every Thursday from 6:00 to 8:00 PM

Mesa High School Track, 1630 East Southern Ave.  
(Southern Ave. between Stapley Drive and Gilbert Road)

\*\*\*\*\*

## **983404-11 Gymnastics**

Begins: Wednesday, February 11th

Practices are every Wednesday 7:00 to 8:00 PM

**New Location:** USA Gymnastics, 1866 S. Fraser  
(Corner of Baseline Road and Horne Street)

\*\*\*\*\*

## **983405-11 Tennis**

Begins: Thursday, February 19th

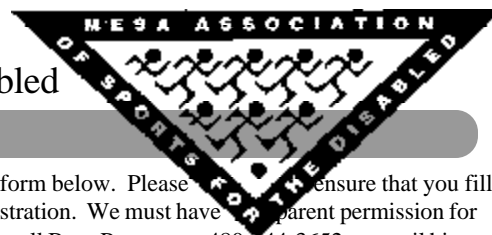
Practices are every Thursday 6:30 to 7:30 PM

Mesa Country Club, 660 West Fairway Drive  
(North of Brown Road, West of Country Club Drive)



## Mesa Parks & Recreation/Mesa Sports for the Disabled

Page 16



Please circle the sport(s) in which you would like to participate and complete the form below. Please ensure that you fill out the form completely, including signing the waiver form on the back of this registration. We must have parent permission for minor athletes. If you have any questions regarding the registration process, please call Brett Petersen at 480-644-3652 or email him at Brett.Petersen@cityofmesa.org. Completed registration forms can be mailed to:

City of Mesa Adaptive Sports Registration  
125 North Hobson Street  
Mesa, AZ 85203

Also, registration forms can be faxed to Lane Jeppesen at 480-610-2257.

Circle all sports for which you are interested in participating. Please note the schedules on pages 14 and 15 for conflicts. If you are unsure whether you should be competing in Special Olympics or Physically Challenged Sports, please refer to the program descriptions on pages 4 and 5.

### Special Olympics Sports

### Physically Challenged Sports

Seniors (Ages 17 +) Basketball (983401-11)

Track & Field (983501-11)

Juniors (Ages 8 to 16) Basketball (983401-12)

Archery (983501-12)

Cheerleading (983402-11)

Cycling (983501-13)

Track & Field (983403-11)

Competitive Swimming (983503-11)

Tennis (983405-11)

Power Soccer (983505-11)

Gymnastics (983404-11)

Wheelchair Basketball (983507-11)

Waiver: As a parent or guardian, I give the participant(s) permission to participate in the Mesa Parks and Recreation program listed below. Participants may be photographed and/or videotaped for the promotion of City of Mesa programs. I understand that there are risks of physical injury to the participant(s). Considering all possible, on behalf of myself and the participant, I voluntarily waive, release, discharge and hold harmless the City of Mesa, its employees, supervisors and volunteers from all claims, including those based on negligence, for all injuries to participant(s), no matter how severe. Furthermore, I give my consent for emergency medical treatment.

### **Parent Contact Information**

Parent/Guardian First Name	Last Name	Parent/Guardian Signature (Required for participation)	
Mailing Address	Apt./Unit#	City	Zip Code
Home Phone (Area code + Number)	Work Phone	Email Address	
Emergency Contact (Print Name)	Phone Number (Area code + Number)	Relationship to athlete	

### **Participant Information**

First Name	Last Name	Birthdate	School (If applicable)
Mailing Address	Apt./Unit#	City	Zip Code
Home Phone (Area Code + Number)	Work Phone (if applicable)		

## **Mesa Association of Sports for the Disabled Insurance Waiver and Release of Liability**

In consideration of being allowed to participate in any way in Mesa Association of Sports for the Disabled programs, related events, and activities, as well as those of any affiliated organizations, including Wheelchair Sports, USA; Disabled Sports, USA; National Disabled Sports Alliance; United States Association of Blind Athletes; United States Les Autres Sports Association; Arizona Special Olympics and others, I and/or the minor participant, the undersigned:

1. Agree that prior to participating, I will inspect, or if a parent and/or legal guardian, I will instruct the minor participant to inspect the facilities and equipment to be used, and if I believe anything is unsafe, I and/or the minor participant will immediately advise the Mesa Association of Sports for the Disabled of such conditions and refuse to participate.
2. Acknowledge and fully understand that I and/or the minor participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result only from my own actions, inactions, negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time.
3. Accept all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Mesa Association of Sports for the Disabled, it's affiliated organizations, their representative administrators, directors, agents, coaches, and other employees or volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the events, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, cause or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. Agree to abstain from the use of alcohol and/or illegal drugs while participating in any event sponsored by the Mesa Association of Sports for the Disabled or it's affiliated organizations. Failure to adhere to this requirement will result in immediate removal and possible suspension.
6. Do hereby authorize, consent to and direct the Mesa Association of Sports for the Disabled to obtain a physician to render medical aid, perform operations and/or give treatment to me, in the case of an emergency, and do hereby consent to and authorize said physician to render any and all treatment that in his/her judgement may be necessary or advisable.
7. Understand that my participation or attendance at any Mesa Association of Sports for the Disabled activities or events constitutes permission to be photographed, videotaped or recorded for possible publicity or media purposes and constitutes a waiver of any and all claims for compensation from all sponsoring agencies.

**I/we have read the above waiver and release and understand that I/we have given up substantial rights by signing this document and sign it voluntarily.**

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Participant's Signature

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Participant's Name

---

Date

**If the participant is a minor and/or has a legal guardian:**

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Parent/Guardian Signature

---

Parent/Guardian Name

---

Date



# **Mesa Sports for Disabled Spring 2004 Events Calendar**

Page 18

<b>January 13th</b>	<b>MASD Board Meeting Broadway Rec Center</b>
<b>February 10th</b>	<b>MASD Board Meeting Broadway Rec Center</b>
<b>March 9th</b>	<b>MASD Board Meeting Broadway Rec Center</b>
<b>March 11th to 15th</b>	<b>East Valley Area Special Olympics Basketball Tournament Broadway Recreation Center</b>
<b>March, 2004</b>	<b>Tucson Victory Games Tucson, AZ</b>
<b>April 2nd &amp; 3rd</b>	<b>Arizona Special Olympics State Basketball Tournament Red Mountain High School Mesa, Arizona</b>
<b>April 13th</b>	<b>MASD Board Meeting Broadway Rec Center</b>
<b>April 16th</b>	<b>East Valley Area Special Olympics Track &amp; Field Meet Mesa High School</b>
<b>April 24th</b>	<b>Desert Challenge Air Pistol and Rifle Shoot Location to be Announced</b>
<b>May 6th to 8th</b>	<b>Arizona Special Olympics State Summer Games Desert Vista High School Tempe, AZ</b>
<b>May 11th</b>	<b>MASD Board Meeting Broadway Rec Center</b>
<b>May 20th to 23rd</b>	<b>Far West Wheelchair Qualifying Games San Jose State University San Jose, CA</b>
<b>July 11th to 17th, 2004</b>	<b>National Junior Disabled Sports Championships Mesa, Arizona</b>

# More Program Information

Page 19



## Six Years of Success: Annual Disabled Sports and Recreation Expo

By Lane Jeppesen

Hosted at Mesa Centennial Center for the first time, the Annual Disabled Sports and Recreation Expo brought approximately 175 people into the downtown Mesa area. People with physical disabilities were invited to learn and participate in adaptive sports and leisure activities provided by numerous organizations from throughout the valley. This year marked the sixth year for the cooperative effort between the Mesa Association of Sports for the Disabled and St. Joseph's Hospital Recreation Therapy Department in hosting this event as a way to spread the news about the endless opportunities available for people with physical disabilities. Participants learned about adaptive driving techniques, adaptive sports like basketball, soccer, softball, football and tennis, adaptive travel in an airplane, assistive devices for everyday living, etc. Thank you to all of the vendors that brought out their adaptive equipment for the expo, to Jo Lemons from St. Joe's Hospital for her hard work and to all of the participants!

## Sportsline to run Ads for Adapted Equipment

Want to get rid of any unused equipment? An old hand cycle or sports chair that just sits in the corner? Beginning with the next Sportsline, you will be able to place an ad at no cost to you. MASD will post want ads for adapted equipment, conversion vans, sports equipment, etc. Include a description of the equipment, its condition and the terms of the transaction (i.e. equipment for sale, trade or give away). However, Sportsline will not post ads for personal services such as respite care, babysitting, etc. To place an ad in the upcoming Sportsline, send an e-mail to Lane Jeppesen at [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com) or call her at 835-MASD.

## Awards Ceremonies to be Team Specific

Due to declining attendance at recent end of year awards ceremonies, a decision was made to allocate the funds usually set aside for this awards ceremony and provide each team with funds to hold an end of season awards ceremony. Each team can submit a budget for a pizza party or cook out before the end of the season and MASD will provide the funds for the party. Each coach will be responsible for submitting a budget for their respective awards party prior to receiving any funding. In addition, the Association will also provide the participation pins and awards and will notify each high school regarding high school students who will qualify for athletic letters based on their participation in MASD programs. These student/athletes will be able to receive their letters at their respective high school athletics awards ceremonies.

## Include MASD at your Next Open House

For teachers who are planning an open house or gathering for your students and parents, please consider a speaker from MASD to provide an overview of sports and recreational opportunities for the disabled. The Association can provide a Powerpoint presentation that explains our various programs, discusses how to become involved and generates excitement for your students. The Association will even provide the cookies and punch if a teacher were interested in organizing an evening for a student/parent/MASD get together at your school. For more info, contact Lane Jeppesen at 835-MASD or [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com).

**Mark your calendars now for the World Premiere  
of the documentary "Brave in the Attempt"!  
15 athletes from MASD star in this full length documentary!  
Friday, February 6th  
Madstone Cinemas, 5835 West Ray Road, Chandler  
Part of Proceeds to MASD! See Page 8 for details.  
Call 480-835-MASD for more information.**



**Mesa Association of Sports for the Disabled  
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Mesa, Arizona 85210**

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